

Parish of St. John Vianney: [LiveSimply reflection and action](#)

## **DECEMBER 2025: LIVING MORE SIMPLY**

**Our LiveSimply Prayer.** Heavenly Father, we praise and thank you for the world You created for us to share. We ask you to give us the grace to work together, to live more simply, more sustainably, and in solidarity with the poor, through Christ our Lord. **Amen**

**Church teaching:** For the Jubilee in 2000, the Church wrote of Advent as “a season of hope”, reflecting that “in the Spirit of Christ, the definitive communion with God the Father is already present in history, even if in a mysterious and invisible way. Hope for the believer is not merely waiting for something to happen; **it is a commitment, here and now, to build the Kingdom of God.**” ([Church’s Liturgical Commission](#)) Pope Francis reminds us that “[As] the market tends to promote extreme consumerism in an effort to sell its products, **people can easily get caught up in a whirlwind of needless buying and spending**” ([Laudato Si’](#), para 203).

**ACTION FOR DECEMBER:** To live more simply during Advent and at Christmas.

**Reflection:** This month we are offered an **Advent Calendar** with a different simple action for each day of the month. Our parish application for the *Live Simply* award has been submitted: we are awaiting assessors being appointed at the moment. Over the last two years, we have reflected together on the meaning of living simply and some of the actions we can all take individually and as families. There are many different “simple actions” that we can take: what does “living simply” mean for you and your family?



**Actions:** Turn over the page for some ideas for daily actions we and our families can consider during Advent. Is there **one thing we and our families can do together?** We can also use the CAFOD World Gifts booklet (*available at the back of church*) and ask family members to discuss and choose their gifts. We can also review this year’s monthly actions and make resolutions for 2026.

To help us achieve the [LiveSimply award](#) please contact:  
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**Please take this leaflet home to share with family and friends**

**This advent, as we journey towards the crib, our alternative advent calendar offers a daily action of kindness for ourselves, our homes, our families and community and the planet**

| Sunday                                                                                                                         | Monday                                                                                                                                                              | Tuesday                                                                                                             | Wednesday                                                                                                                                                                  | Thursday                                                                                                                                                                               | Friday                                                                                                                                                        | Saturday                                                                                                                                                                                   |
|--------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>30<sup>th</sup> November</b><br>Light an advent candle and say a prayer of HOPE                                             | <b>1<sup>st</sup> December</b><br>Place the crib at the heart of your home<br> | <b>2<sup>nd</sup> December</b><br>Start a box of foods to donate to the SVP or a food bank, and set a delivery date | <b>3<sup>rd</sup> December</b><br>Plant bulbs in yoghurt pots as little gifts for Christmas                                                                                | <b>4<sup>th</sup> December</b><br>Plan ways to reduce waste this Christmas<br>                      | <b>5<sup>th</sup> December</b><br>Take time to stop, look out and enjoy this beautiful season                                                                 | <b>6<sup>th</sup> December</b><br>Gather unwanted toys books and other items and donate them                                                                                               |
| <b>7<sup>th</sup> December</b><br>Draw the nativity scene and gift it to someone. Light the second advent candle with a prayer | <b>8<sup>th</sup> December</b><br>Try to find gifts that are not going to harm our planet or end up in landfill                                                     | <b>9<sup>th</sup> December</b><br>Recycle winter coats and jumpers at a charity shop                                | <b>10<sup>th</sup> December</b><br>Ditch the tinsel and make some paper decorations<br> | <b>11<sup>th</sup> December</b><br>When sending Christmas greetings or cards, include someone new                                                                                      | <b>12<sup>th</sup> December</b><br>Visit someone who you know is alone<br> | <b>13<sup>th</sup> December</b><br>Take time to enjoy the beauty of nature<br>                          |
| <b>14<sup>th</sup> December</b><br>Rest and relax: light the third advent candle with a prayer                                 | <b>15<sup>th</sup> December</b><br>Say a special prayer for those in need                                                                                           | <b>16<sup>th</sup> December</b><br>Pray for those who are trying to find a safe place to live                       | <b>17<sup>th</sup> December</b><br>Donate some toiletries or socks to the SVP for their work people who are homeless                                                       | <b>18<sup>th</sup> December</b><br>Try not to be too busy today: make time for prayer                                                                                                  | <b>19<sup>th</sup> December</b><br>Set aside time for someone to show you care                                                                                | <b>20<sup>th</sup> December</b><br>Bake something for friends and family. Cookies make a great gift<br> |
| <b>21<sup>st</sup> December</b><br>Take time to reflect on your advent journey: light your fourth candle                       | <b>22<sup>nd</sup> December</b><br>Decorate bulb gift pots. Keep one and watch it grow                                                                              | <b>23<sup>rd</sup> December</b><br>Children, help your parents. Tidy your bedroom and don't complain                | <b>24<sup>th</sup> December</b><br>Give a secret gift to someone in need                                                                                                   | <b>25<sup>th</sup> December</b><br>Enjoy a happy and blessed Christmas. Give thanks and rejoice<br> |                                                                                                                                                               |                                                                                                                                                                                            |